

## PICKUP LINES



Picking up an object from the floor without losing balance is a difficult challenge for most frail adults, but it's a common everyday task. This activity will help them with this task.

### **Benefits »**

- ⦿ Practices an everyday task.
- ⦿ Links to other skills (Anchors A-Sway, Belly Button Training, It's a Reach).

### **Set It Up »**

Use masking tape to create a line parallel to a sturdy balance support such as a handrail. You will also need an object for participants to pick up, such as their keys or a plush toy.

### **How to Do It »**

#### **The Start**

- ⦿ Explain that this activity is similar to retrieving a golf ball on the fairway.
- ⦿ Demonstrate the golf ball pick-up technique.
  - Place an object in front of the chosen support leg.
  - Reach down for the object with the opposite hand.
  - At the same time, lift the other leg up and behind you. Bend the supporting leg to make the reach.
- ⦿ Let them know that the first version you have for them is easier than that. Demonstrate what you want them to do.
  - Place an object on a low chair (instead of on the floor), a few feet out in front of the participant.
  - Participant will stand beside railing, feet shoulder width and widely offset.
  - Front leg should be the one closest to handrail. Front foot should be aligned on the parallel line.
  - The support-side hand stays on the handrail.
  - They will be reaching with the other hand.
  - Participant will keep both feet on the ground while retrieving object.
- ⦿ Remind participants to keep their torso braced.

### **The Moves**

- ⦿ Practice the form of it first. Pick up an imaginary object. Then go for a real object or toy.
- ⦿ Place the object in front of them (or on a low chair) on the line.
- ⦿ They should reach down and retrieve the object.
- ⦿ Then stand back up, tall and upright.
- ⦿ Can they reach an object that is lower, maybe on the ground?
- ⦿ Can they do the same reach and lift the outside leg up to hip height as their arm drops?
- ⦿ After each reach and retrieve they need to stand back up, tall and upright.
- ⦿ Have them keep one hand on the handrail.



### ***Give It More Balance »***

- ⦿ Ask them if they notice where their belly button is in relation to their supporting foot (it should be right above it). Do they understand why that's important? (Better balance when center of gravity is over a support.)
- ⦿ Pickup Line From a Beam: With you beside them, those who are willing can try the activity standing on a poly beam or a large balance mat. This is advanced but doable; they will be surprised at their capability.

### ***Keep It Safe »***

Make sure they hang onto the handrail and practice parts of the activity before doing the whole thing. You can make the activity much more doable by putting the object on a box or chair to start.

### ***Live It »***

Safely picking up objects from the ground, such as dropped keys or remote controls, involves creating counterweight. Foot and leg positioning help with that. With Pick Up Lines they should have an easier time reaching for objects on the ground.